

The KITCHEN CABINET

Some say that we should eat to live.
And some say live to eat.
But look at it which ever way.
'Tis true, to live, we eat.

SUGGESTIONS FOR HOUSEWIVES.

When choosing fish see that the eyes are bright, not glazed and sunken, with flesh firm and odor good.

It is up to you to protest against the bread from the baker's carts being carried uncovered from the cart or bread handled with the uncovered hands of a driver. See that each loaf is wrapped in sanitary paper or that the basket is protected from dust and germs.

Before using a casserole or any earthen baking dish, temper it by putting it into cold water and boiling it, then let it cool gradually.

Add sugar to the fruit when using it for sauce; after it is partly cooked it will require less sugar to sweeten it.

Keep a little powdered pumice to remove stains from under the nails. Apply with a toothpick or an orange stick.

Look to see that your milk bottles are holding the standard measure. Wipe carefully before opening and pouring out the milk or cream.

An easy way to fill preserve jars is to use a gravy boat. The handle makes it easy to dip and the spout is just right to enter the jar top.

Surgeons' plaster is most useful for many things. Bind a piece over a hard corn or callus. This will keep them moist and, like the wicked, they "will cease from troubling."

When the cane seats in chairs begin to sag wet them with hot soapuds on the bottom, rinse in hot water and dry.

Use the small-sized clothespins, as they stay on better than the larger ones.

Never let dishwater dry in the towels; rinse first in cold water to harden and remove the grease, if any, then wash in hot soapuds, rinse again and dry. Towels treated in this way and not used on baking dishes will keep white.

Keep a cork on the letter file or spindle on the desk. It may save an eye or more.

The art of cooking cannot be learned out of a book any more than the art of swimming or the art of painting. The best teacher is practice, the best guide, sentiment, says Louis Fourteenth. We would add to sentiment a little sense, for good cooking needs judgment as well as sentiment.

SUMMER SALADS.

There is but one meal a day and that is the first, when a salad is not served or we feel that the meal lacks balance.

There are so many kinds of fruits, fish, fowl and vegetables that lend themselves to salad making that none need be deprived of one to his taste.

Wedding Salad.—Serve half of a canned pear or a very ripe fresh one on heartleaves of lettuce, cover with cubes of pineapple, blanched almonds and the usual mayonnaise dressing. If a bit of color for garnish is desired a maraschino cherry is added.

Chopped young tender well-cooked beets, mixed with mayonnaise dressing that has been tinted a light pink, makes a beautiful salad, and is as good as it looks. Asparagus and string beans make a most satisfying combination, served with French dressing.

Thinly sliced crisp red radishes used as a garnish, unless some other color is used, makes a pretty salad out of simple foods. Too many colors should never be used in any dish, our artists tell us, and surely we would not mix colors, even in a salad, which were not agreeable to each other.

A spoonful of several left-over dishes will often make a most tasty salad. The things at hand and the genius of the cook will often produce pleasing surprises.

Veal and Chicken Salad.—Cut bits of tender chicken and veal which have been cooked and seasoned together, add chopped celery to taste, or, lacking enough, a little tender white cabbage. Let stand with a light dressing of French dressing to season and serve with a boiled dressing. A cupful of mayonnaise or boiled dressing is usually sufficient for a quart of salad.

The blanched leaves of tender dandelions with lettuce is a most valuable salad combination, good for a tonic.

In this world it is not what we take up but what we give up that makes us rich.—H. W. Beecher.

HELPFUL REMINDERS.

Save any bits of left-over paraffin from jelly glasses, wash well, melt and strain and it will be ready for use another year.

Paraffin is fine to keep the irons smooth while ironing; it also keeps the kitchen range bright and good-looking, and should be used freely if a range stands unused any length of time.

When pouring anything very hot into a glass dish set the dish on a wet cloth. Kerosene is a great saver of scouring soap and labor. Use a cloth dampened with kerosene to wipe out the boiler after using. It will keep the sink free from grease with little rubbing.

It is seasonable just now to bear in mind that fruit picked after a heavy rain loses its flavor and is not good for making jelly.

Currants and raspberries in equal quantities make a delicious jelly. Jelly to be clear should drip through a jelly bag and never be squeezed.

The uncooked stems of mushrooms shredded and mixed with blanched and shredded almonds served on lettuce with French dressing, makes a most dainty salad. Little bits of left-over salmon mixed with coconut, fresh, or, if dried, the sugar washed out of it, with a chopped pickle or two, makes another not common salad.

Lettuce that has become too old for fresh use may be cooked and served as greens, making another vegetable dish and a palatable one, too.

Any of the cooked lettuce left over may be served with hard-cooked egg as a salad with a spoonful of boiled dressing.

Save the meat and gather mushrooms now up to frost time. The large variety of edible ones will offer a change of flavor, yet if one is fond of them, they can be served in some way for each day. Do not risk picking mushrooms unless you are sure of the variety.

We shall be so kind in the afterwhile,
But what have we been today?
We shall bring to each lonely life a smile,
But what have you brought today?

EVERYDAY FOODS.

"Eat an extra potato and save a slice of bread" has been our slogan for several weeks and will be for weeks to come for all who are trying to conserve food. The custom in England which has always prevailed, that of serving no butter with the dinner when meat and meat sauces are used, is one worthy of our observation, for fats are much needed for our armies and as necessary as meat. Here is a good dish to conserve both wheat and meat:

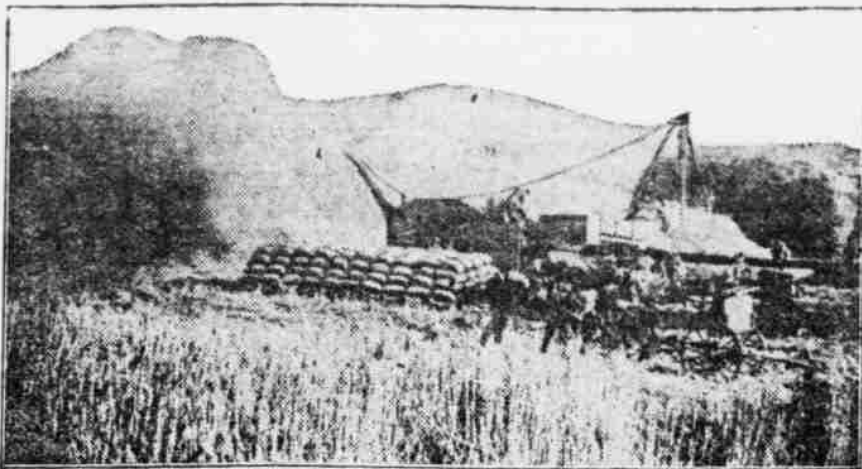
Cornmeal Cheese Dish.—Put two cupfuls of water and a half teaspoonful of salt over the fire; when boiling hot add a cupful of cornmeal mixed with a cupful of cold water, adding the moistened meal gradually, stirring constantly, keeping the mixture at the boiling point. When all the meal has been added, set the boiler over boiling water and cook for an hour longer, stirring occasionally. Just before serving, stir in a cupful of grated cheese. Serve sprinkled with grated cheese. Onions on toast will conveniently piece out a light dinner, or serve as a vegetable on fish day. Pare, chop and cook in butter one Spanish onion, add pepper, salt, and a teaspoonful of sugar, cover and cook until tender. Spread on slices of buttered toast, flatten a tablespoonful of mashed potato on top of each, dust with grated cheese and set in the oven long enough to melt the cheese.

Onions in Ramekins.—Peel and boil a quart of onions, drain and break them up. Add pepper, salt, a little sugar and a small lump of sweet fat of any kind, add a half cupful of grated cheese and a cupful of smooth tomato sauce. Line well buttered ramekins with mashed potato, fill the center with the onion mixture, dust the top with buttered crumbs and bake until brown.

The dish is most satisfying with white sauce instead of tomato, using the cheese just in the same manner.

Nellie Maxwell

EFFICIENT OPERATION OF FARM MACHINES WILL SAVE MUCH GRAIN FOR HUMAN FOOD



Properly Adjusted and Operated Tractor Outfits Will Eliminate Waste.

(Prepared by the United States Department of Agriculture.)

The most essential thing in setting a separator for thrashing is to get it level. Here again the thrasher should not guess, but should have a good spirit level and use it at every setting. To do its best work the machine must be as nearly level as possible from side to side, and it is generally conceded best to have it level lengthwise, although a few inches difference in level between the front and rear ends is not likely to be detrimental. If the machine is set on soft ground, one or two of the wheels may sink further into the ground than the others after it has been standing for a short time, and the operator should not forget to watch this point.

A very slight difference in level between the two sides of the separator will make the shafts all run against the bearings on the lower side and have a tendency to cause them to heat. It will also cause the grain constantly to work toward the low side of the separator and make it more difficult for the cleaning mechanism to do good work. Even if the machine is set on a barn floor, it should be leveled carefully, for barn floors are rarely precisely level, and the weight of a separator may make it sag in weak places.

The main drive belt should hang loosely over the pulleys, with just enough tension to keep it running smoothly. If it is too tight, it will have a tendency to pull the separator out of place and will put unnecessary strain on the cylinder shaft and boxings and possibly make them heat or pull the cylinder out of line so that the teeth will not run true.

When thrashing in the open, it is well to pay attention to the direction of the wind, if there is any choice in the direction in which the machine is to be set. It is much more pleasant for the men working at the machine if it can be set so that the wind blows the dust and chaff away from them. If a steam engine is used, the setting should be such also that sparks will be carried away from the separator and straw stack.

The separator should always be blocked solidly to prevent vibration as much as possible and to prevent the belt from pulling the machine forward. It will frequently save some time if blocks of the right size and shape for this purpose are selected or prepared before the thrashing starts and carried with the machine from place to place. Wornout or broken plowshares make excellent blocks.

Cylinder and Concaves.

The problem of adjusting the cylinder and concaves is to get them placed in proper relation to each other, with the right number and arrangement of teeth in the concaves for the grain that is being thrashed. The adjustment should be such as thoroughly to loosen all the grain from the heads without cracking or breaking up the straw into such fine pieces that separation will be difficult.

It is essential that the cylinder and concaves be adjusted so that each tooth is at all times equally distant from the two between which it is passing.

PLAN TO MARKET POTATOES

Ship Only Carefully Graded, Disease-Free Tubers—Sacks Should Be Clean and Bright.

(Prepared by the United States Department of Agriculture.)

Potatoes should be carefully graded before marketing, and all diseased, sunburned, ill-shaped, or badly cut tubers should be removed. In some instances, where co-operative marketing is possible, it may be feasible as well as profitable to go even farther than this by making two or more grades, according to the size of the tubers. If the crop is marketed in sacks, they should be clean, bright and well filled. Loosely filled sacks present an unattractive appearance, and at the same time the tubers suffer greater mechanical injury through handling.

No fixed rule can be laid down regarding the time when the crop can be marketed to the best advantage. As market conditions are so variable from year to year, prices cannot be predicted with any degree of certainty except in seasons when there is a decided shortage in a territory which en-

ing, and that the concaves be kept close enough to the cylinder that unthrashed heads cannot get through. A large majority of the thrashing machines of the country are now equipped with self-feeders. It is a mistake, however, to assume that because the feeding is done mechanically the feeder will always deliver the unthrashed grain to the cylinder in the proper manner when the bundles are pitched on promiscuously and at irregular intervals. The governor which controls the feeder should be adjusted so that it will stop feeding as quickly as possible when the speed is reduced below normal. By all means it should be adjusted to act more quickly than the governor on the engine.

The bundles should be pitched on one at a time, with the heads toward the machine, and the distances between bundles should be as nearly uniform as possible. In bundle-thrashing, the center, or dividing board, should nearly always be used to keep the bundles from piling up into the center of the carrier. If one man on each side of the machine cannot pitch bundles in the proper manner fast enough to keep the machine supplied, it will usually be better to supply extra pitchers than to have the two men pitch two or more bundles at a time without any regard to the way they fall in the conveyor. It is hard work to keep the bundles going into the machine in a steady stream, with the heads all pointing in the right direction, but unless this is done it is impossible for the machine to do its best work.

Cleaning the Grain.

The adjustment of the cleaning mechanism and the proper direction of the blast from the fan to separate the grain satisfactorily from the chaff calls for more skill on the part of the operator than anything else in connection with the operation of a thrashing machine. One of the main duties of the man in charge of the separator is to see that the grain is as nearly free as possible from chaff and weed seeds before it is delivered from the machine. At the same time he must see that the amount which goes back in the tailings elevator to be rethrashed is kept low and that the loss occasioned by grain being carried out of the machine and into the stack is eliminated as nearly as possible. The condition of the grain and the construction of different makes of machines are so variable that it is impossible to give any definite rules in all cases. However, an operator who knows the function of each part of the cleaning mill; how to make all adjustments, and does everything possible to maintain the proper speed, should have no great difficulty in saving practically all the grain and cleaning it well at the same time. If he will examine the machine frequently to see just how much stuff each part of the cleaning mechanism is handling and the amount and character of the tailings. The quantity of tailings should be small and they should contain very little plump grain and light chaff.

ters into market competition with another given area. Under such conditions one can be reasonably certain of good prices at some time during the normal marketing period.

PLACE SHEEP IN NEW LIGHT

Industry Will Contribute Largely to Food and Clothing Supply on Account of Prices.

The continued prevalence of high wool and meat values has placed the sheep business in a new light. The result will be that this phase of animal husbandry will contribute materially to the nation's food and clothing supply. It will also add stability to our systems of farming and play an important part in the more complete utilization of our agricultural resources.

Proper Conduct of Milker.

When the milker enters the dairy barn to milk he should be gentle, kind and pleasant and let the cows understand that they will be protected from their enemies and cared for as the milk is drawn from them.

ASTHMA
AVERTS - RELIEVES
HAY FEVER
ASTHMA
Begin Treatment NOW
All Druggists Guarantee

Fate of the Cliff Dwellers.

It seems that there can be no doubt that the cliff dwellers were exterminated by their more savage and warlike neighbors, the men being killed and the women being adopted into the tribe of the conquerors, though in some cases migrations may have become necessary as a result of drought or pressure from outside tribes.

Lives 200 Years!

For more than 200 years, Haarlem Oil, the famous national remedy of Holland, has been recognized as an infallible relief from all forms of kidney and bladder disorders. Its very age is proof that it must have unusual merit.

If you are troubled with pains or aches in the back, feel tired in the morning, headaches, indigestion, insomnia, painful or too frequent passage of urine, irritation or stone in the bladder, you will almost certainly find relief in GOLD MEDAL Haarlem Oil Capsules. This is the good old remedy that has stood the test for hundreds of years, prepared in the proper quantity and convenient form to take. It is imported direct from Holland laboratories, and you can get it at any drug store. It is a standard, old-time home remedy and needs no introduction. Each capsule contains one dose of five drops and is pleasant and easy to take. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gall stones, gravel, "brick dust," etc. Your money promptly refunded if they do not relieve you. But be sure to get the genuine GOLD MEDAL brand. In boxes, three sizes.—Adv.

Excellent Gargle.

Now, more than at any other season of the year, we are apt to be caught in a rainstorm and sit about in damp clothing, and as a consequence we wake up the next morning with a bad sore throat. Salt and water make an excellent gargle for the throat.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. J. C. Fletcher*
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

Many a married man goes to the near-by saloon for a "smile" because he gets nothing but frowns at home.

Mothers-in-law come to mind when the children are sick.

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For head or throat
Catarrh try the
vapor treatment
VICK'S VAPORUB
25¢-50¢-\$1.00

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Dissolved in water for douches stops
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A healing wonder for nasal catarrh,
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Has extraordinary cleansing and germicidal power.
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